

2018-2019

B.S. EXERCISE SCIENCE
Health & Wellness



GRACE CORE (39 credits; 2 APLs)

The Grace Core is designed around four essential relationships. Though all courses engage most relationships, courses are organized according to the relationship that is their primary focus

Relationship to God			Relationship to Others		
BIB 1050	Exploring the Bible	3	COM 1100	Public Speaking	3
@ BIB 2010	Scripture and Interpretation	3	ENG 1100	Effective Writing	3
@ BIB 3300	Essential Doctrinal Themes	3	PSY 1200	Essentials in Behavioral Science	3
Relationship to Self			Relationship to the World and Environment		
FYE 1010	Freshman Foundations	3	HIS 1380	Contemporary America and the World	3
ECN 3000	Consumer Economics	3	HUM 2000	Global Perspectives	3
@ PHI 3010	Christianity and Critical Thinking	3	HUM 2010-30	Cross-Cultural Field Experience (2 APL)	0
			HUM 2100	Creative Arts and Culture	3
			SCI 2030	Faith, Science, and Reason	3

ADDITIONAL GENERAL EDUCATION--B.S. DEGREE (6 credits)

Satisfies B.S. Degree

MAT 1000+	Any Math (1000 Level and Above)	3
	Any Social Science with the following course prefix: SCI, ENV, CHM, BIO, PSY, SOC, or BHS	3

THE MAJOR (71 credits; 11 APLs)

EXERCISE SCIENCE COURSE REQUIREMENTS

EXS 1000	Introduction to Exercise Science	3
EXS 1050	Dynamics of Fitness	3
EXS 2000	Kinesiology	3
@ EXS 2250	Care and Prevention of Injuries	3
@ EXS 3000	Strength and Conditioning	3
@ EXS 3600	Fitness Assessment	3
@ EXS 3750	Exercise Cardiology	3
@ EXS 4180	Exercise Physiology	3
@ EXS 4240	Biomechanics	3

SCIENCE COURSE REQUIREMENTS

BIO 1610/1620	General Biology 1 + Lab (1 APL)	4
@ BIO 1710/1720	General Biology 2 + Lab (1 APL)	4
@ BIO 2210	Nutrition	3
@ BIO 2010/2020	Anatomy and Physiology 1 + Lab (1 APL)	4
@ BIO 2040/2050	Anatomy and Physiology 2 + Lab (1 APL)	4

APPLIED LEARNING

EXS 2150	Practicum in Exercise Science (2 APL)	2
@ EXS 4930	Internship in Exercise Science (3 APL)	3
EXS 4840	Research in Exercise Science (2 APL)	2

BEHAVIORAL SCIENCE COURSES (9 Credits)

Any Social Science with the following course prefix: PSY, SOC, or BHS

Suggested courses:

PSY 3300	Sports Psychology	3
PSY 3550	Health Psychology	3
PSY 3600	Motivation and Emotion	3
BHS 4000	Brain and Behavior	3
SOC 3230	Brain and Behavior	3

BUSINESS COURSES (9 Credits)

Any Business with the following course prefix: BUS, SMT, MKT, ACC, or FIN

Suggested courses:

SMT 2050	Risk Management	3
EXS 2130	Principles of Coaching	3
BUS 2430	Principles of Management	3
BUS 3260	Small Business Entrepreneurship	3
MKT 4030	Services Marketing	3

TOTAL CREDITS TO GRADUATE: 120 (12 APLs)

To receive a degree, each student must satisfy checksheet requirements, earn 120 credit hours, fulfill 12 credits of Applied Learning, have a 2.2 GPA in major courses, and a GPA of 2.0 overall. It is the student's responsibility to work with his/her advisor and monitor progress toward these goals. Some majors and/or minors may have more stringent guidelines.

It is strongly encouraged that a minimum of 6 Applied Learning credits be earned in experiential education taking place outside the traditional classroom setting.

IS A MINOR REQUIRED WITH THIS MAJOR? NO

† Indicates a course taught by a partner college/university.

@ Indicates a course with prerequisites. Please review catalog for prereqs.